

## IAADS ATHLETICS AFRICAN RECORDS - TRISOMY 21 WOMEN

Event	Name	Country	Result	Venue	Date
100 M	Rentia Oosthuizen	South Africa	18.01	Florence, ITA	16/07/17
200 M	Rentia Oosthuizen	South Africa	36.83	Madeira, POR	18/10/07
400 M	Sarah Rakgalakane	South Africa	1.45.75	Azores, POR	12/05/18
800 M	Juliette Mailula	South Africa	5.25.02	Bloemfontein, RSA	15/11/26
1.500 M					
4x100m		South Africa	1.20.45	Bloemfontein, RSA	15/11/25
4x400m	Melanie Barnard Sarah Rakgalakane Juliette Mailula Rentia Oosthuizen	South Africa	7.40.45	Florence, ITA	16/07/21
Long Jump	Rentia Oosthuizen	South Africa	3.01m	Florence, ITA	16/07/18
Shot Put (3)	Melanie Barnard	South Africa	7.50m	Florence, ITA	16/07/20
Discus (750)	Melanie Barnard	South Africa	18.09m	Florence, ITA	16/07/21
Javelin (400)	Melanie Barnard	South Africa	15.20m	Florence, ITA	16/07/18
800m Walk	Rentia Oosthuizen	South Africa	6.15.58	Bloemfontein, RSA	15/11/26
1.500m Walk	Marne Kock	South Africa	14.31.60	Madeira, POR	18/10/07
10 Km Road	Rentia Oosthuizen	South Africa	1h29.23	Graaff-Reinet, RSA	16/10/01
Triathlon	Rentia Oosthuizen	South Africa	1993pts.	Madeira, POR	18/10/04

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Compiled by José Costa Pereira

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